

My Energy Meter

Choose real or fictional examples. Skip private details; never include passwords, medical information or contact details.

Learning goal: Notice changes in your energy and choose a reset that fits the situation.

Energy can change during the day, even when you are doing something you enjoy. Your meter is information, not a score. Choose words, symbols or drawings to show what helps you feel ready.

Your steps

1. Read the four meter levels and mark the one closest to now.
2. Name a drain and a refill you have noticed.
3. Plan a reset you can use safely at school or home.
4. Check in morning and afternoon; notice a pattern without judging it.

1. Read my meter

Circle your current level. Add one clue your body or attention gives you at each level.

Level	My clue
1 · Empty: need a pause	
2 · Low: moving slowly	
3 · Steady: ready enough	
4 · Full: lots of energy	

2. Drains, refills & a reset

A refill does not have to be exciting. Choose one you can really use today.

Something that drains me	Something that refills me
My practical reset + where I can do it	If a reset is not possible, I can ask for...

My Energy Meter · Practice & next steps

Continue your ideas from page 1. Write, draw, use symbols or ask someone to scribe. Share only what you choose.

3. Check-in experiment

Use 1–4, a word or a symbol. Check in before and after your chosen reset.

Check-in	Meter level	What was happening?	Reset / result
Morning			
Afternoon			

My next step

At my next check-in, I will try...

Optional stretch · Grades 6–8

Track three days. Does the same refill work after different kinds of tasks? Explain one exception.

Optional teacher / parent follow-up: Offer a short movement, quiet or connection choice. Do not compare students' energy levels or require public sharing.